AMENDMENTS TO THE CLAIMS

Please amend the claims by replacing the original claims with the following listing of claims.

LISTING OF THE CLAIMS:

1. (Withdrawn) An apparatus for cooking comprising:

   - a shell comprised of high temperature material sufficient to withstand the heat used in frying.

2. (Withdrawn) An apparatus as in claim 1 wherein said shell is further comprised of material sufficient to withstand temperatures in the range of 250 to 400 degrees Fahrenheit.

3. (Withdrawn) An apparatus as in claim 2 wherein said shell is further comprised of material sufficient to withstand temperatures in the range of 325 to 375 degrees Fahrenheit.

4. (Withdrawn) An apparatus as in claim 1 wherein said shell is configured to provide a final shape to a food after said shell, containing said food, is immersed in oil with sufficient heat to cook said food.

5. (Canceled)

6. (Canceled)

7. (Withdrawn) An apparatus for cooking comprising:

   - a shell;

   - frying apparatus;

wherein said shell, after being filled with said food and upon being immersed in said frying apparatus, provides heating to said food and thereby cooks said food.

8. (Withdrawn) An apparatus as in claim 7 whereby said heating comprises conductive heating.

9. (Withdrawn) An apparatus comprising:

- at least two shells, configured for use in a frying apparatus;

wherein said shells, after being filled with said food and upon being immersed in said frying apparatus, provides heating to said food and thereby cooks said food.

10. (Withdrawn) An apparatus as in claim 9 wherein said shells are temporarily linked to each other.

11. (Withdrawn) An apparatus as in claim 9 wherein said shells are flexibly linked to each other.

12. (Withdrawn) An apparatus as in claim 1 wherein said shell is comprised of edible material.

13. (Withdrawn) An apparatus as in claim 1 wherein said shell is comprised of material from the group consisting of: paper, coated paper, batter, plastic or metal.

14. (Withdrawn) An apparatus as in claim 1 wherein said shell is in one or more parts, which are combined prior to placing said shell in a frying apparatus.

15. (Withdrawn) An apparatus for cooking comprising:

-an extruder;

- a shell; and,

- frying apparatus;

wherein said extruder fills said shell with dough, wherein said shell, after being filled with said dough and upon being immersed in said frying apparatus, provides heating to said dough and thereby cooks said dough.

16. (Previously presented) A method of cooking comprising:

- providing a shell including a first plate having a groove therein and at least one edge and a second plate having a groove therein and at least one edge, said first plate and said second plate being hingeably connected along an edge thereof, the shell forming at least one first configuration wherein food to be cooked may be placed therein and forming a second configuration wherein said first plate and said second plate are brought together to enclose said food to be cooked;

- configuring the shell in a first configuration;

- placing food to be cooked within the shell;

- placing said shell in a second configuration by bringing together said first plate and said second plate to form an enclosure comprising a first environment which is a food containing environment, the first environment which is a food containing environment being formed in part by the groove of said first plate and in part by the groove of said second plate, the step of placing said shell in a second configuration including bringing together said first plate and said second plate so that the first plate

groove and the second plate groove define a space within which the food placed in said shell may be cooked;

- placing said shell containing the food desired to be cooked in a frying apparatus said frying apparatus comprising a second environment, said second environment containing liquid cooking media;

- maintaining said shell in said frying apparatus for a sufficient period of time to cook said food and maintaining the food to be cooked in said first environment and maintaining said cooking media in said second environment.

17. (Original) A method of cooking as in claim 16 whereby the temperature utilized in said frying apparatus is the range of 250 to 400 degrees Fahrenheit.

18. (Original) A method of cooking as in claim 16 whereby the temperature utilized in said frying apparatus is the range of 325 to 375 degrees Fahrenheit.

19. (Original) A method of cooking as in claim 16 further comprising:

- providing a shape to said food.

20. (Previously presented) A method of cooking as in claim 16 further comprising:

- providing a final shape approximating the shape of said shell to said food after said shell, containing said food, is immersed in oil with sufficient heat to cook said food.

21. (Original) A method of cooking as in claim 16 wherein said food is dough.

22. (Original) A method of cooking as in claim 16 wherein said food is dough and further comprises:

- konjac glucomannan and

- animal based protein concentrate, wherein gas bubbles are introduced into said dough using mechanical and/or chemical methods.

23. (Original) A method of cooking as in claim 22 wherein said mechanical methods comprise of pressurization of said dough.

24. (Original) A method of cooking as in claim 22 wherein said mechanical methods comprise high speed whipping of said dough.

25. (Original) A method of cooking as in claim 22 wherein said chemical methods comprise baking soda and/or baking powder.

26. (Previously presented) A method of cooking comprising:

- providing a shell including a first plate with at least one edge and a second plate with at least one edge, said first plate and said second plate being hingeably connected along an edge thereof, the shell forming at least one first configuration wherein food to be cooked may be placed therein and forming a second configuration wherein said first plate and said second plate are configured so they may be swingably brought together to enclose said food to be cooked and form the second configuration;

- configuring the shell in a first configuration;

- placing food to be cooked within the shell;

- placing said shell in a second configuration by bringing together said first plate and said second plate; and

- immersing said shell in a frying apparatus.

27. (Original) A method of cooking as in claim 26 wherein said immersion period is for a sufficient period of time to cook said food.

28. (Original) A method of cooking as in claim 26 further comprising conductive heating of said food, while said shell is immersed in said frying apparatus.

29. (Previously presented) A method of cooking comprising:

- providing at least two shells, each shell including a first plate with at least one edge and a second plate with at least one edge, said first plate and said second plate being hingeably connected along an edge thereof, the shell forming at least one first configuration wherein food to be cooked may be placed therein and forming a second configuration wherein said first plate and said second plate are brought together to enclose said food to be cooked;

- configuring the shells in a first configuration;

- placing food to be cooked within the shells;

- placing each of said shells in a second configuration by bringing together said first and said second plate;

- wherein said at least two shells are configured for use in a frying apparatus;

- wherein said shells, after being filled with said food and upon being immersed in said frying apparatus, provides heating to said food and thereby cooks said food.

30. (Currently amended) A method of cooking as in claim [[26]] 29 wherein each said shell is in two or more parts, which are combined prior to placing said shell in a frying apparatus.

31. (Previously presented) A method of cooking comprising:

- providing a shell including a first plate with at least one edge and second plate with at least one edge, said first plate and said second plate being hingeably connected along an edge thereof, the shell having at least one groove therein forming at least one first configuration wherein dough may be placed therein and forming a second configuration wherein said first plate and said second plate are brought together to enclose said dough;

- extruding dough from an apparatus to a groove of said shell;

- placing said shell within a frying apparatus; and,

- cooking said dough within said frying apparatus.

32. (Withdrawn) An article of manufacture for cooking food comprising a shell, used in conductive heating of a food within a frying apparatus.

33. (Withdrawn) An article of manufacture as in claim 32 wherein said shell is used for a single conductive heating of a single food only.

34. (Previously presented) The method of claim 30, including providing at least two shells including at least one first shell and at least one second shell, and providing a first linkage on at least one said first shell, and providing a second linkage on at least on second shell, linking said first shell and said second shell together by linking said first linkage with said second linkage;

wherein immersing of said shells in said frying apparatus comprises immersing said linked shells.

35. (Previously presented) The method of claim 34 wherein at least one of said first linkage and said second linkage is a c-shaped linkage, and wherein at least the other of said first linkage and said second linkage is a pin linkage; and wherein linking includes placing said c-shaped linkage on said pin linkage.

36. (Previously presented) A method of cooking comprising:

- providing a shell including:

(i) a first plate with at least one outer edge and at least one inner edge, and having at least one groove therein, and

(ii) a second plate with at least one outer edge and at least one inner edge,

-said first plate and said second plate being hingeably connected along an outer edge thereof,

-the shell forming at least one first configuration wherein said first plate is separated from said second plate a distance sufficient to expose said first plate grove wherein food to be cooked may be placed, and forming a second configuration wherein said first plate and said second plate are brought together to enclose said food to be cooked so that said first plate outer edge engages with said second plate outer edge and said first plate inner edge engages with said second plate inner edge;

- configuring the shell in a first configuration;

- placing food to be cooked within the shell;

- placing said shell in a second configuration by bringing together said first plate and said second plate to form an enclosure comprising a first environment which is a food containing environment;

- placing said shell containing the food desired to be cooked in a frying apparatus said frying apparatus comprising a second environment, said second environment containing cooking media;

- maintaining said shell in said frying apparatus for a sufficient period of time to cook said food and maintaining the food to be cooked in said first environment and maintaining said cooking media in said second environment.

37. (Previously presented) The method of claim 36, wherein said first plate inner edge is radially inward of said first plate outer edge, and wherein said second plate inner edge is radially inward of said second outer edge.

38. (Previously presented) A method of cooking comprising:

- providing a shell including a first plate with at least one edge and second plate with at least one edge,

-said first plate and said second plate being hingeably connected along an edge thereof

-the shell forming at least one first configuration wherein food to be cooked may be placed therein and forming a second configuration wherein said first plate and said second plate are brought together to enclose said food to be cooked;

- configuring the shell in a first configuration;

- placing food to be cooked within the shell while the shell is in said first configuration;

- placing said shell in a second configuration after placing food to be cooked within the shell by bringing together said first plate and said second plate to form an enclosure comprising a first environment which is a food containing environment;

- placing said shell containing the food desired to be cooked in a frying apparatus said frying apparatus comprising a second environment, said second environment containing cooking media;

- maintaining said shell in said frying apparatus for a sufficient period of time to cook said food and maintaining the food to be cooked in said first environment and maintaining said cooking media in said second environment.

39. (Previously presented) The method of claim 16, wherein

providing a shell includes providing said first plate and said second plate having a weight sufficient to submerge said shell when said food is placed within said shell and when said shell is in a second configuration within said cooking media of said frying apparatus so that said shell weight acts to submerge said shell.